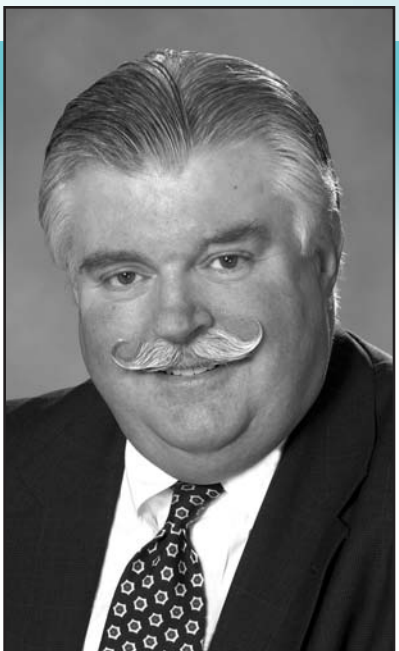




State Senator  
**Bruce Patterson**  
 P.O. Box 30036  
 Lansing, MI 48909-7536

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2005 SUMMER



## Senior Update

*Serving the 7th District*

P.O. Box 30036, Lansing, MI 48909  
 PHONE: (517) 373-7350 TOLL FREE: 1-866-262-7307  
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## Adult Immunizations – *Protect Yourself!*

Vaccines that protect against communicable diseases are readily available for such common adult illnesses as influenza (flu), pneumococcal disease and hepatitis B. Some of these illnesses, once contracted, do not have a cure, and all may cause serious health problems or even death. Vaccines are generally considered to be both safe and effective.

Due to the development of new strains of virus, it is recommended that everyone who is 50 or older should get a flu shot every year, in the fall. (You cannot catch flu or pneumonia from the shots.)

It is also recommended that everyone age 65 or older should get a shot of pneumococcal vaccine. People who are younger than 65 should get pneumococcal vaccine if they have: diabetes, heart, liver, or kidney disease or problems with their immune system.

It has been reported that ninety-five percent of all tetanus (lockjaw) cases occur in adults and that diphtheria can cause paralysis, heart failure and inability to breathe. To maintain immunity against these infectious diseases, booster doses of tetanus and diphtheria vaccines (usually given as a combination Td vaccine) are required every 10 years.

Hepatitis B is a liver disease that spreads by contact with blood or body fluids of a person

who has hepatitis B. It attacks the liver and can cause serious illness or even death. Hepatitis B vaccine is administered in 3 doses given over a 6-month period. It is important to note that many people who have Hepatitis B don't show any symptoms. A blood test is the only way to know for sure.

For assistance in obtaining any of these vaccines you should contact your doctor, your local health department or 1-888-76-SHOTS.

**MEDICATION WALLET CARD...**  
 This business sized card is great for keeping track of important medical information and can fit right in your wallet. To order please call my office at 1-866-262-7307 or email at [senbpatterson@senate.michigan.gov](mailto:senbpatterson@senate.michigan.gov)

For your Records... IMMUNIZATION CHART			
	12-15 Months	4-6 Years	10-12 Years
Hepatitis B (Hep B)			
Influenza			
Pneumococcal (as needed 65 & older)			
Tetanus & Diphtheria booster (Td)			

Important Questions to Ask your Health Care Provider:	
1	What is the name of this medicine and what is it supposed to do?
2	How and when do I take it and for how long?
3	What are the possible side effects?
4	Will it safely mix with the other medicines I am taking?
5	Will it safely mix with my diet?

KNOWLEDGE is the BEST MEDICINE	
<b>PERSONAL MEDICAL DATA</b> Name: _____ Address: _____ City: _____ State: _____ Zip: _____ Date of Birth: _____ Sex: _____ Blood Type: _____ Allergies: _____ Current Medications: _____ Doctor's Name: _____ Doctor's Address: _____ Doctor's Phone: _____	
<b>MY MEDICAL CONDITION INCLUDES:</b> <input type="checkbox"/> Abnormal ECG <input type="checkbox"/> Angina <input type="checkbox"/> Anemia <input type="checkbox"/> Arthritis <input type="checkbox"/> Cancer <input type="checkbox"/> Depression <input type="checkbox"/> Diabetes <input type="checkbox"/> Epilepsy <input type="checkbox"/> Hearing Impaired <input type="checkbox"/> Heart Condition <input type="checkbox"/> Hypertension <input type="checkbox"/> Kidney Disease <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Parkinson's <input type="checkbox"/> Visual Impairment <input type="checkbox"/> Other: _____	
<b>MY CURRENT MEDICINES INCLUDE:</b> <input type="checkbox"/> Aspirin <input type="checkbox"/> Antibiotics <input type="checkbox"/> Codeine <input type="checkbox"/> Insulin <input type="checkbox"/> Ipratropium <input type="checkbox"/> Nitroglycerin <input type="checkbox"/> Other: _____	
<b>I AM ALLERGIC TO:</b> <input type="checkbox"/> Aspirin <input type="checkbox"/> Antibiotics <input type="checkbox"/> Codeine <input type="checkbox"/> Insulin <input type="checkbox"/> Ipratropium <input type="checkbox"/> Nitroglycerin <input type="checkbox"/> Other: _____	

Dear Friend:

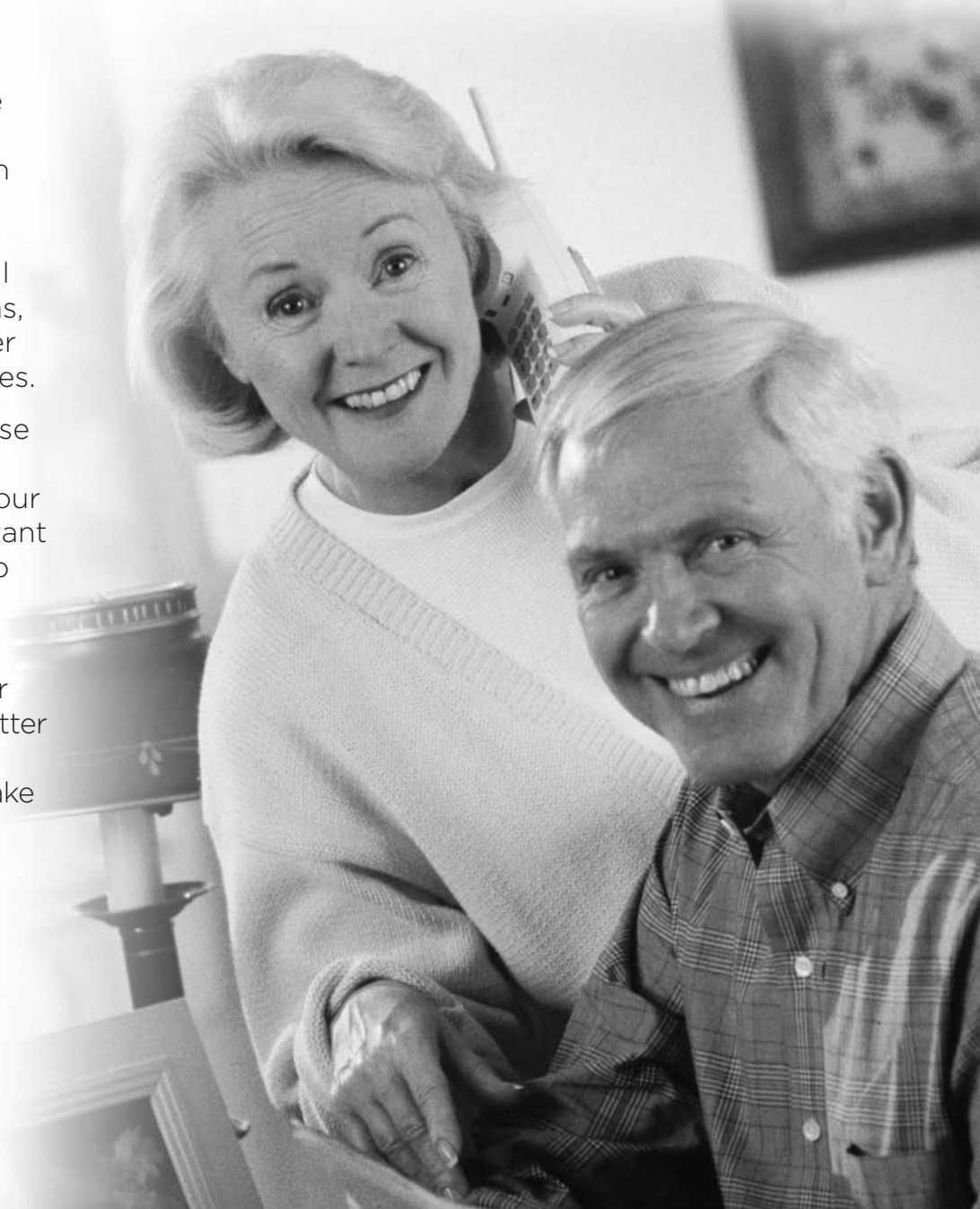
As your state senator, I have spent a great deal of time listening to your concerns. In particular, I am aware of the need for senior-friendly tax procedures for those who fill out paper income tax returns, as well as the option to defer the due date of summer taxes.

I am pleased to say that these issues are being addressed, and I continue to work on your behalf to ensure that important senior-related items come to successful resolutions.

Please know that I always look forward to hearing your comments on issues that matter most to you. Thanks to your involvement, I continue to make a difference here in Lansing.

Sincerely,

Bruce Patterson  
 State Senator





# Durable Power of Attorney for Health Care

A durable power of attorney for health care is a legally recognized document through which you can appoint another person, (called a patient advocate) to make medical treatment and related personal care decisions on your behalf. Your patient advocate could be a spouse, an adult close friend or other individual. You should

*Your patient advocate could be a spouse, an adult close friend or other individual.*

choose someone you can trust to handle such a responsibility and who is willing to serve as your patient advocate. (Your advocate must be at least 18 years old.)

Your patient advocate can make decisions only if you are determined to be medically unable to take part in medical treatment decisions. Examples of such inability include: unconsciousness, serious confusion, delusion, or dementia.

A Durable Power of Attorney for Health Care allows your patient advocate to make decisions on your behalf, such as:

- Consent or refusal to receive medical treatment;
- Arranging for home health care/day care;
- Admittance to a nursing home/home for the aged;
- Organizing medical and personal care services and payment for those services, using your funds.

A patient advocate does not have the power to handle all your property and finances. To do so requires other legal documents, which should be prepared with

the help of an attorney. It is important to remember that a patient advocate does not have the authority to withhold or withdraw medical treatment if it is likely to cause your death, unless you have specifically given the patient advocate such optional authority to make such life and death decisions on your behalf, in your Durable Power of Attorney for Health Care.

If you would like a copy of the Peace of Mind booklet, which includes further information on the Durable Power of Attorney for Health Care, please contact my office.

## Have You Considered Working as a Precinct Inspector?

If you are friendly, resourceful and interested in helping your community, you may want to become a precinct inspector. A precinct inspector is paid to assist voters at the polls on Election Day.

To be eligible, you must be a registered voter of the city or township and not a challenger or a candidate for office, or a member of a candidate's immediate family, or a member of the local Board of Canvassers. Anyone convicted of a felony or an elections crime may not serve.

If you are interested in applying, please contact your city or township clerk for more information.

## RECEIVE E-LEGISLATIVE UPDATES!

If you would like to receive periodic legislative updates via email, please send a short note to [senbpatterson@senate.michigan.gov](mailto:senbpatterson@senate.michigan.gov)

# Order Free Annual Credit Report

To prevent Michigan residents from becoming victims of identity theft, which thousands of Americans fall prey to each year, credit reports can be obtained for free, once a year. To obtain a copy of your report, go online to [www.annualcreditreport.com](http://www.annualcreditreport.com) or call toll-free 1-877-322-8228. Use caution when ordering your report, especially online, and be aware of scams and fraudulent sites. Check out the Consumer Alert posted by the Michigan Attorney General at [www.michigan.gov/ag](http://www.michigan.gov/ag) for helpful information.

## Senior-friendly Tax Measures

Too often, those who file their state income tax returns using paper forms have found that their refunds take far longer to receive than electronic returns. This can be distressing, especially for seniors, who often depend on their returns to provide for necessary but expensive items such as prescription drugs, and to help pay their taxes.

To assist seniors in receiving their refunds in a timely manner, legislation has been introduced that requires the state Department of Treasury to notify a taxpayer, within ten days, whose return is selected for manual review. The Treasury will also be required to include an approximate time frame for the

review and contact information for someone at the department who can assist the taxpayer with any questions.

Additional legislation has been introduced that will raise the income threshold, for people who qualify, to defer the due date of their summer taxes until February 15. Currently at \$25,000, the bill increases the allowable gross household income to \$35,000 in 2005 and eventually to \$40,000 in 2007. Due to the recent date change to summer for collection of county taxes, many people have increased tax bills. This legislation will definitely be helpful to seniors who have been financially impacted by the tax date change.

## Grandparent Visitation Guidelines Enacted

I am very pleased to say that legislation to restore grandparent visitation was passed into law in January.

PA 542 of 2004 allows grandparents to seek grandparenting time under one or more of the following circumstances:

- Pending or finalized divorce, separate maintenance or annulment of child's parents;
- Parent of child is deceased;
- Parents have never married and are not residing in the same household and paternity has been established;
- Unless otherwise provided, legal custody of the child has been given

to a person other than the child's parent, or child does not reside in the home of the parent;

- Grandparent has provided previous (1 year) established custodial situation.

Grandparents perform a vital role in a child's learning experience and I am pleased that Michigan has acknowledged and honored this role.



Sen. Patterson, proud grandfather of Tannis Shay Patterson, born May 24, 2005.